

# NEW BFS CLINICIAN

# RICK BOJAK



## By Dr. Greg Shepard

Rick Bojak has been added to our BFS Clinic Staff to take care of our increased demands for BFS Clinics. No wonder! Over 150 High Schools have now gone on to win High School State Football Championships after their clinic. Also, over the last three years of doing our special two hour coach's clinics to create an organized unified coordinated strength and conditioning program, we have had stunning results! Schools report an increase of 20% more victories in all sports the following year. That is the average!

Okay, let's now introduce Coach Bojak. He was born and raised in Chicago and attended Mather High School. Coach Bojak played football and baseball at Weber State University and received a Master's degree in physical education and psychology from the University of Utah in 1975. He has coached and taught at Weber State University, the University of Utah and Southern Utah University. He has also coached and taught at three Salt Lake City High Schools and is currently the head football

coach at West Jordan High School in Salt Lake City.

Coach Bojak has been named Coach of the Year, West Jordan Citizen of the Year (population 52,000), West Jordan Teacher of the Year and the 1995 Utah Teacher of the Year. He is currently in the running for National Teacher of the Year.

Besides Coach Bojak's teaching prowess, he also excels on the athletic fields. He accepted the head coaching reins at Jordan High School when on a 22 game - three year -losing streak. Within ONE year, Jordan was playing for the state title as an undefeated football team. Later, Coach Bojak went to West Jordan High School, where the Jaguars had only won a total of EIGHT games in eight years. Since he arrived, West

Jordan has won an amazing 30 games in just SIX years.

Rick Bojak also coaches girl's track. Before he took over, they had not won a region (conference) dual meet in eight years. They have now won the region title two years in a row.

Coach Bojak is a member of the National Strength and Conditioning Association and has been a keynote speaker at their national convention. He has also written a number of articles for monthly publications.

I have known Coach Bojak for nearly 20 years and he is the most positive person I have ever been around. He is always smiling and looking at the bright side of life and people. He has always used strength and conditioning as a way to win and

reach kids. In spite of a serious operation, he has battled back to currently Bench Press nearly twice his bodyweight of 170 pounds.

"We are excited to have a man of Coach Bojak's stature on our clinic staff. We welcome him and anyone who gets Coach Bojak for one of our clinics is in for a once in a lifetime experience.".....□

